



## WHAT'S IN THIS MONTH'S ISSUE:

- Summer Safety
- Water Safety
- Support for families throughout the Summer

# Spotlight on Safeguarding

Dear Parents / Carers

Welcome to our final edition of our Safeguarding Newsletter for this academic year. In this edition we are going to focus on the upcoming Summer holidays and share a range of support and advice sent to us.

## SUMMER SAFETY TIPS



Summer safety tips for children Here are some essential tips to keep children safe during the summer:

- **Sun Protection:** Use sunscreen with at least SPF 30, wear hats, sunglasses, and protective clothing. Avoid direct sun exposure between 10 AM and 4 PM.
- **Hydration:** Ensure children drink plenty of water, especially when active or in hot weather.
- **Insect Protection:** Use insect repellent, wear long sleeves and trousers in the evening, and check for ticks.
- **Heat Safety:** Avoid strenuous activities during peak heat hours, take frequent breaks, and cool down in the shade or indoors.

## SUPPORT FOR FAMILIES THROUGHOUT THE SUMMER

According to a new survey, more than one in five parents are worried about how they will feed their family during the summer holidays amid sky-high food costs. During term time, free school meals are a vital form of support however, when it comes to the holidays, many children who usually receive free meals run the risk of going hungry – sometimes for prolonged periods.

Resources to help

With the cost of food and childcare continuing to have an impact on many families, the upcoming summer holidays are likely to be a worrying time for those parents who are struggling. Thankfully there are many resources available to help during this period and I have compiled some of these below:

1. Supermarket schemes across the UK allow children to eat for free or for £1 during the school holidays. To access these schemes, children DO NOT have to be eligible for free school meals – they are available to anyone.
2. Holiday Activity and Food Programme (HAF) is a scheme which offers in-person enrichment support for school-aged children from Reception to Year 11 and will be available over the summer holidays for children in England who are eligible to receive free school meals.
3. Some councils across the UK currently offer weekly food vouchers such as Healthy Start food vouchers or parcels to families in need. Other initiatives offered by councils that can help to ensure that children have continued access to nutritious food throughout the summer holidays.
4. Families can also access emergency support from food banks. There are over 1,400 Trussell Trust food banks across the UK, and many independent food banks, offer vouchers and food packages along with essential toiletries.

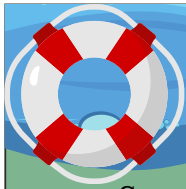
## STAY SAFE THIS SUMMER

TIPS AND ADVICE ON HOW TO KEEP YOUR FAMILY SAFE AND WELL THIS SUMMER

For detailed advice, please visit the NHS site directly.

<https://www.what0-18.nhs.uk/parents/carers/stay-safe-summer-tips-and-advice>





# Water Safety

Summer is an amazing time to enjoy Britain's waterways but we should be mindful that according to the Royal Life Saving Society's National Drowning Report 2023, warmer weather is directly linked to an increase in fatal drowning incidents. Every year we hear of children who get into difficulties in our rivers, lakes and seas, often with tragic consequences.

- 46% of drownings occur in the summer months and this rises to 75% amongst 13-17yr olds
- Rivers and lakes/lochs pose the greatest risk as there are often unseen hazards and conditions that the average person is not equipped to handle and there is a lack of professional supervision such as a lifeguard.

## Dangers of playing in or near open water:

- ✓ Unknown depth - some rivers and canals may only be 1 to 2 metres deep. If you jump in from a height, you may hit the bottom much sooner than you think and cause yourself an injury.
- ✓ Currents – currents are not always visible. These can pull you under the water and can be hard to swim out of.
- ✓ Invisible submerged objects – items like trolleys, bricks and sharp objects can be found on riverbeds and in open water. If this isn't visible you may hurt yourself. Equally, the reeds and plants in open water can be hazardous if they get tangled around legs or arms preventing you from being able to swim.
- ✓ Uneven and / or slippery banks - it's easy to lose your footing and then it can be hard to get yourself back on the bank.
- ✓ Cold temperature of the water – in summer, even though the temperature outside is hot, the temperature of water in rivers, the ocean, lakes etc. is still colder than you think.

It is essential that children are taught how to stay safe in and near water . It would be really helpful to talk through with your child how they can do this.

## Stop and think - spot the dangers

- It can be very cold
- There may be hidden currents
- It can be difficult to get out (steep slippery banks)
- It can be deep
- There may be hidden rubbish, e.g. shopping trolleys, broken glass
- There may be no lifeguards there
- It is difficult to estimate depth
- It may be polluted and could make you ill.



## Stay together

- It is always better to go to the water with a friend or family member
- Children should always go near water with an adult
- Float - If you fall into the water unexpectedly – float until you can control your breathing. Then call for help or swim to safety.

## Call 999

- You may be able to help yourself and others if you know what to do in an emergency.
- If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach.

For more information and advice about keeping your children safe around water, including what the different coloured flags on our beaches mean, go to the RLSS UK website where you will find lots of parent resources.

